

Fitness

Gentle Fit

Charleen McBeath

40 yrs+

Regular exercise is essential for good health, particularly for older adults with arthritis, osteoporosis, diabetes and other chronic conditions. This class is designed to help improve your strength, flexibility, balance and overall wellness, which is beneficial for everyone.

Thu Apr 15-Jun 24	12:00pm-1:00pm
54101.202SN	\$39/11 sessions
Tue Apr 13-Jun 22	12:00pm-1:00pm
54101.201SN	\$39/11 sessions

Strength Training

Charleen McBeath

40 yrs+

You can strengthen your muscles no matter what age you are! Start to feel comfortable in the weight room. Learn safe and effective ways to get stronger in a fun and relaxed atmosphere.

Thu Apr 15-Jun 24	1:30pm-2:30pm
54103.201SN	\$68/11 sessions

Cycling

Bicycle Maintenance Workshop

40 yrs+

More individuals and families are taking their bikes out of storage and cycling instead of driving their car. Learn basic maintenance, the way bikes function and what to prepare for as you head out on the road. Bring your bike to the workshop.

Sat Mar 20	12:00pm-2:00pm
55401.201SN	\$35/1 session



Commuter Cycling Skills

40 yrs+

Taught by CAN-BIKE certified instructors, this 4hr course builds traffic cycling skills for adults who want to use their bikes for transportation. Through in-class, parking lot, and on-road training, you will learn how to ride comfortably and safely in traffic, fit your bike properly, do a safety check and plan routes. Participants need their own bike and helmet.

Sat Mar 27	12:30pm-4:30pm
53801.201SN	\$39/1 session

Social

Carpet Bowling

Minnie Jenkinson

50 yrs+

Skilled members have competed at a Provincial level and will love to teach new players recreational carpet bowling with refreshments.

Mon Wed Apr 14-Jun 30	1:00pm-2:30pm
55601.201SN	Free with membership



Seniors Games Room Activities

55 yrs+

Here is your chance to connect with friends playing table tennis, pool, cards with upbeat music background! Space is limited!

Mo Tu We Th Fr Apr 6-Jun 30	9:00am-12:00pm
53002.201SN	Free with membership



Sunbrites Chinese Seniors Society

Rose Yee

50 yrs+

Join the Sunbrites social group for singing, dancing, arts & crafts and Chinese yoga. Contact Mrs. Yee @ 604-253-0810.

Fri Apr 9-Jun 25	12:00pm-4:00pm
55601.202SN	Free with membership

An annual Sunset Community Centre Senior's membership is \$3.00

Sports

Seniors Thursday Badminton

55 yrs+

Bring your racquets and friends for some recreational badminton in a social setting. Get into the game at your own pace. Everyone is welcome. Drop-in \$2.00

Thu Apr 1-Jun 24	1:00pm-2:45pm
53001.201SN	\$20/12 sessions

Health & Wellness

Nordic Pole Walking and Osteoarthritis 55 yrs+

This workshop is designed as a strategy to maintain or increase the activity of people with OA through pole walking. This will also include activities such as deep breathing, relaxation, stretching and chair yoga to individuals with OA. Participants will be taught techniques that can be used immediately at home. Pole walking equipment will be supplied.

Tue Apr 20	1:00pm-2:30pm	54001.201SN
Thu Apr 22	1:00pm-2:30pm	54001.202SN
Tue May 11	1:00pm-2:30pm	54001.203SN
Thu May 13	1:00pm-2:30pm	54001.204SN

Free, pre-registration required

Fundamentals for

Highly Effective Workouts

40 yrs+

For effective results in your workouts Andrew Burchell (Advanced Health & Fitness Specialist) will cover strategies for maximizing the time that you spend in the Fitness Centre. This will include goal-setting and the 12 essential fitness components.

Tue Apr 27	6:00pm-7:30pm	
54802.201SN		Free, pre-registration required

Functional Exercise Strategies for the Workplace

40 yrs+

Andrew Burchell will present statistics, activity guidelines, and functional exercise strategies that will help to improve individual fitness and counteract the negative effects produced by desk work. Be prepared to move! There will be practical components throughout this presentation.

Tue May 11	6:00pm-7:30pm	
54802.202SN		Free, pre-registration required

Out Trips

Vancouver History Tour

Join Vancouver's comedic historian John Rogers on a coach tour of Vancouver's rich history including 1880 Strathcona, 1890 Gastown, 1900 Chinatown and 1909 Shaughnessy to name a few. John has a degree in Canadian History Settlement of the West and spent 30 years at CBC TV in Vancouver. Lunch is buffet style at the St. Regis Hotel which includes tax and gratuity. Pick up time is 9:00am at Sunset C.C.

Mon Apr 12	9:00am-4:00pm	
55701.202SN		\$59/1 session

Peak-2-Peak Tour(Whistler)

Experience the Peak-2-Peak Gondola linking together Blackcomb and Whistler Mnt for an incredible 360 degree ride. You will be able to buy your lunch at the peak's Roundhouse Lodge or London Lodge for casual fare OR pack your own lunch. This tour includes a morning stop at Tim Horton's and one hour free time to explore Whistler Village. Pick up time is 8:00am at Sunset C.C.

Tue May 18	8:00am-7:00pm	
55701.201SN		\$89/1 session

Mandolin Picnic in the Park

Travel to Cultus Lake for an afternoon of live music and great food with a backdrop of beaches, boardwalks and mountain views. Enjoy a picnic lunch under the Main Beach gazebo complete with the live Mandolin sounds of accomplished musician Edward Opper of the renowned 'Surrey Ramblers' covering popular music of the golden years. Pick up time is 9:15am at Sunset C.C.

Tue Jun 15	9:15am-4:15am	
55701.203SN		\$49/1 session

Seniors Week June 7-11

8th Annual Tea By The Sea Dance

At the Roundhouse Arts and Recreation Centre - Exhibition Hall

This year's event will feature the swinging sounds of live music, light refreshments and treats, prizes, fun friendship and lots of dancing.

Tea Dance Tickets \$8. Space is limited so please register early by calling the Roundhouse C.C. 604.713.1800.

Check the Seniors Week Schedule at: www.roundhouse.ca.

Friday, June 11 1-4pm

